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ACCOUNT
OF THE
MEDICAL PROPERTIES
OF THE
GREY
SULPHUR SPRINGS
VIRGINIA.

Second Edition.

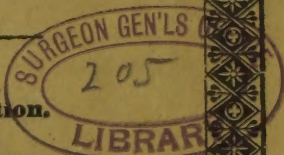
WITH A STATEMENT OF THE CASES, OF

1835 & 1836.

CHARLESTON:

PRINTED BY A. E. MILLER,
No. 4, Broad-Street.

1837.



ACCOUNT
OF THE
MEDICAL PROPERTIES
OF THE
GREY SULPHUR SPRINGS.

THE GREY SULPHUR SPRINGS are situated near the line dividing the counties of Giles and Monroe, Virginia; on the main road leading from the court-house of the one to that of the other. They are three-fourths of a mile from Peterstown, 9 miles from the Red Sulphur, and, by the county road, 20 miles from the Salt Sulphur Spring. In travelling to the Virginia Springs, by either, the main Tennessee or the Good-spur-gap roads, and crossing the country from Newbern, by the stage-road to the sulphur springs, the Grey Sulphur are the first arrived at. They are 30 miles distant from Newbern.

There are two springs at this establishment, situated within five feet of each other, and inclosed in one building. Although rising so near to each other, yet they differ most materially in their action on the system. Both appear peculiarly serviceable in dyspeptic cases, and in such as originate in a disordered state of the stomach. The one, in those in which inflammation exists; the other, in such as proceed from torpidity. They are known as the Old, or Anti-Dyspeptic; and the New, or Aperient, springs.

These springs have been classed by Professor Shepard as "Alkalino-Sulphurous," a variety so rarely met with, that another is not, at present, known to exist in the United States. The waters are beautifully clear, and highly charged with gas, which renders them light and extremely pleasant, especially those of the anti-dyspeptic spring, which produce none of the unpleasant sensations felt, on the first drinking of mineral waters.

A chemical examination of these waters was made by Professor C. U. Shepard, in the winter of 1835-6, an account of which appeared the April No. of the American Journal of Science and Art. 1836. They underwent a more minute and careful examination, by the same gentleman, the last winter, which resulted in the discovery

of several other ingredients. We give the following as the present state of our knowledge relative to them :

Temperature of both Springs, 56 Far.

" Specific Gravity, 1.003.

Saline matter in one gallon (231 cubic inches) } 22.15 gra.
of the Anti-Dyspeptic Spring,

Saline matter in one gallon of the Aperient Spring, 22.9 gra.

The precipitate from the Anti-Dyspeptic Spring gave, in 100 parts, as follows :

Carbonate of soda, (with traces of sulphate of magnesia, and chloride of sodium,) }	50.00
Carbonate of Lime, - - -	38.90
Carbonate of Magnesia, - - -	8.10
Silicic acid, (with traces of sulphate of lime and oxide of iron,) }	3.60

The organic matter was apparently destroyed, by the process of evaporation.

That protoxide of iron exists in these waters has been fully ascertained, by the application of nutgalls at the springs : nor is the fact inconsistent with what is known of the co-existence of hydro-sulphuric acid and protoxide of iron in the same fluid, since it has been observed by chemists, that, the presence of organic matter prevents the precipitation of the iron in such instances.

The examinations hitherto made, relative to the constitution of these waters, warrant the belief that the following ingredients are present :

Bi-carbonate of Soda,*
Super-carbonate of Lime,
Bi-carbonate of Magnesia,
Super-carbonate, or crenate of protoxide of Iron, or both,
Sulphate of Magnesia, } in traces.
Sulphate of Soda, }
Chloride of Calcium, } in traces.
Chloride of Sodium, }
Silicic Acid,
Hydro-Sulphuric Acid,
Nitrogen,
Alcaline, or earthy crenate?"

All of the examinations hitherto made, have resulted in showing a perfect similarity in the composition of these two springs ; or rather, no ingredient has as yet been detected in the one, which has not been

* It cannot be determined whether free carbonic acid exists in these waters, without going into a quantitative analysis.

found also in the other. We are, therefore, led to the conclusion, that their difference of action is occasioned by a difference in the relative proportions of their several ingredients. The Aperient Spring appears to give rise to a greater amount of hydro-sulphuric acid, as well as of iron, but not in such quantities as satisfactorily to account for the opposite effects produced by these two springs.

The action of the Anti-Dyspeptic Spring is diuretic, and gently aperient, tending to restore the healthy performance of the functions, and reduce or diffuse the local irritations of disease. This appears to be brought about by *equalising the circulation*—a property, the great importance of which will be at once recognised by medical men. To the general reader this will not be so obvious, and we will, therefore, make a few remarks on it.

The healthy state of the body depends on the due performance, by each organ, of the particular duties assigned it; and no more. While these are performed, the circulation is equalised throughout the system; but so soon as there is derangement, from any cause, the circulation becomes interrupted. The blood being obstructed in its flow through the natural channels, accumulates at certain points, whilst it is deficient at others. Some organs are overloaded, and required to perform an undue share of labour, whilst others languish for want of their proper stimulus. Wherever this accumulation takes place, inflammation is the certain consequence, and this is more or less dangerous as the circulation is more or less impeded. Sometimes giving rise to most violent, inflammatory and dangerous disorders, in others producing chronic affections, in which the cause at first is scarcely perceived, but which gradually increase in virulence as they progress, until a formidable disease becomes permanently fixed on the sufferer, and he is hurried to the grave by what, he at first deemed too trifling to merit serious attention. It is, therefore, absolutely necessary to the healthy state of the system, that the circulation should be kept equalised; so long as this continues, we enjoy health; but no sooner does this become interrupted, than indisposition is engendered, more or less severe, as the cause may be more or less violent, or allowed to continue without interruption for a longer or shorter period.

This unequal distribution of blood, is a condition of the body which often exists, and is occasioned by a variety of causes. It attends diseases of very opposite characters, contributing mainly to their maintenance, and is associated with an unnatural state of the exceedingly numerous and small vessels composing nearly all of the textures of the system, which is sometimes obstinately persistent. Whatever will relieve this state of these vessels, therefore, is generally sufficient to remedy all of the consequences which are dependent upon it, and one of the important desiderata in medical science is, to find some agent which will do this. In many instances these waters appear to have furnished this desideratum, and probably produced their effects

by being absorbed and circulated through these vessels, and so impressing or affecting the minute particles of the frame, as to open obstructions where these exist, and thus to give an equable flow to the blood. The pulse, consequently, *rises*, where it has been oppressed, or *sinks*, where it has been preternaturally excited.

For the more particular information of the reader, we submit the following synopsis of the medical properties of the Anti-Dyspeptic spring :

MEDICAL PROPERTIES.

1. It relieves nausea and headaches arising from disordered stomachs.
2. Neutralizes acidity, and if taken at meals, or immediately after, it has a tendency to prevent those unpleasant sensations so often experienced by invalids, from indiscretion in dieting.
3. Is an excellent tonic, exciting appetite, and imparting strength to digestion.
4. Quiets irritation of the alimentary canal.
5. Controls and lessens the force of the circulation, when unnaturally excited by disease, and often in this way is remedial in inter-nal inflammation of the organs.
6. It tranquillizes nervous irritability.
7. Is a mild and certain expectorant, often allaying dyspnœa, and promoting recovery from chronic ailments of the chest or wind-pipe.
8. It alters the action of the liver, where this has been previously deranged, in a manner peculiar to itself, and under circumstances in which the ordinary alteratives are forbidden, by reason of their exciting, or other irrelevant properties.
9. It is also sudorific, or diaphoretic, and
10. When taken at bed-time, often proves itself soporific : apparently stilling that indescribable, but too well understood inquietude, which so frequently and unhappily interrupts, or prevents the repose of the invalid, and especially of the dyspeptic.
11. It possesses, farther, the highly valuable property of correcting those depraved conditions of the female constitution, from which arise many of the peculiar disorders to which they are liable. As decidedly tonic, it removes such as depend upon relaxation and debility (such as Fluor Albus and Menorrhagia,) and, by virtue of its deobstruent qualities, carries off obstructions, and promotes all the natural discharges and excretions.

THE APERIENT SPRING.

In addition to the alkaline properties of the Anti-Dyspeptic, the Aperient Spring possesses high stimulating qualities, peculiarly serviceable in those cases in which stimulants are recommended ; such as torpidity of the digestive and nervous systems ; in headaches from costiveness, and in hæmorrhoids. It is a powerful tonic, and has an aperient and alterative action.

Having thus briefly stated the properties of these springs, we submit the following statement of cases, treated at the Grey Sulphur, illustrative of the effect of the waters, and in corroboration of what has been advanced. Except those which are noticed in their proper places, all are either directly from the pen of the sufferers themselves, or were immediately dictated by them, in the form in which they appear in the notes. The originals are in our possession, signed by the individuals whose cases are referred to.

CASES IN 1835.

No. 1.

Dear Sir,—I take pleasure in stating that the waters of the Grey Sulphur have proved quite beneficial, during a visit of ten days, both to Mrs. S. and myself. We have both been suffering with that distressing malady, Dyspepsia, for a long time, and in my case with a general nervous debility, a weak and torpid state of the stomach and bowels, and at times great distress of the head and mind, and nervous excitement, *even to spasms*. After drinking freely of the *Anti-Dyspeptic* Spring, even at meals, the water produced a fine glow and perspiration, suspended the nervous irritation and distress, and acting as a tonic for the stomach, created a strong appetite, and enabled me to partake, with impunity, of any, or *all*, the solid and delicate dishes with which your table abounded. The water of the *Anti-Dyspeptic* Spring, corrected and prevented acidity of the stomach, and seemed to give activity and strength to that organ—but we required a free use the *Aperient* Spring, in the mornings, to prevent a constipation of the bowels, which the *Anti-Dyspeptic* spring seemed to produce.* A glass or two of the *Anti-Dyspeptic* Spring, on retiring, produced a glow, allayed nervous irritation, and induced a fine night's sleep; and we have, as well as our servant woman, who was in a debilitated state of health, experienced more benefit here, than from any of the waters we have as yet visited.

No. 2.

Dear Sir,—It gives me great pleasure to inform you of the general effects of your *Anti-Dyspeptic* Spring, in my case. During the three day's trial of the waters, I am convinced of its diuretic and diaphoretic qualities, and in one instance it acted as an alterative on my liver, producing a free discharge of bilious matter. My general health has improved, the symptoms of my disease (Neuralgia,) have mitigated,

* In a few instances, this effect was complained of, but we found it was only in those cases in which habitual costiveness existed, and this was easily remedied by making use of the *Aperient* Spring before breakfast.

my appetite increased, my pulse has become more tranquil and regular, and my sleep more continued and refreshing. I have also gained strength and weight, (3 lbs. in three days,) during my short sojourn with you.

No. 3.

On the 6th August, 1835, I arrived at the Grey Sulphur Springs, in a state of much depression, accompanied by fever and rapid pulse—both arising from a complication of disorders belonging to the throat, the stomach and bowels. In the afternoon, I drank of the Anti-Dyspeptic spring, and its immediate effect was to produce a gentle moisture of the skin, and to reduce the pulse from an *hundred beats in a minute* to about *eighty*. In the evening, my system generally, was relieved. On going to bed, I drank of the same spring, and on the following morning, felt a continuance of the same agreeable influence, and an improved appetite. In the morning, there was a further reduction of pulse, and my fever entirely subsided, but partially returned in the night, with quickness of pulse, but by no means accelerated as it was when I came. In the course of the *second* day, the pulse beat *sixty* per minute, but quickened again. The first 24 or 36 hours experience was followed by similar effects, the two following days, one of which I confined myself to the Aperient Spring, and perceived no difference. Neither of them had the effect to move my bowels, but, on the contrary, to constipate them. I am much inclined to believe, that a continuance of these waters might have a salutary influence upon my very singular, very troublesome, and very obstinate case, if I can judge of their agreeable effect upon my skin, my spirits, and system generally, in so short a time as *three days*. There was a continued reduction of the pulse from an accelerated action, produced at the ——— Sulphur Spring, by drinking its waters; but it varied, being considerably quicker in the evening, and during the night. The appetite was much improved, and continued uniform. I regret that I could not remain long enough at the Grey Sulphur to test its effects upon my chronic complaints.

No. 4.

Mr. H—— had had frequent hemorrhages, accompanied with pain in the chest—his cough was slight, but he suffered much from plegm, 24 hours after being at the Grey Sulphur. on examining his pulse, it was found to be about 100. Made use of the Anti-Dyspeptic Spring, taking about three tumblers per diem. Three days after, (about the same hour of the day,) his pulse was again examined, and found to be reduced to 76 beats per minute, and he felt much better. Having left home for the ——— Spring, he thought it his duty to go there. About a month after he returned. He had gradually improved in health, and looked much better, and was evidently so. His pulse, however, was much too frequent, and he could not get it lowered.

After leaving the Grey Sulphur, it had risen up to, from 85 to 90, and in the afternoon was frequently at 100. After remaining five days, he again left for the — Spring; his pulse varied, during his stay at the Grey, from 75 to 90, but never reached so high as 100. His complexion became clearer, his spirits better, and his cough entirely left him. It had been gradually lessening at the — Spring, but he could not get rid of it altogether, and was, moreover, very annoying to him early in the mornings. In reply to an enquiry, he stated, after a little reflection, "that he had not coughed once, that he could recollect, since his (recent) arrival at the Grey; and expectorated with much more ease the phlegm which collected in his throat."

NOTE.—The above is an extract from notes kept by us of a few cases during the summer of 1835.

The three following cases, which occurred in 1834, we give from notes made soon after, and whilst the circumstances were fresh in our memory, and for the correctness of which we hold ourselves responsible.

No. 5.

Mr. A. W., of Baltimore, arrived at the Grey Sulphur, in August, 1834. His health had been feeble for some time, though in appearance he looked but little like an invalid. On the morning of the second day after his arrival at the Grey Sulphur, he had, whilst standing at the Spring House, a considerable hemorrhage—a half pint of blood, at least, was spit up in a very short time. A little common salt was administered, which had the effect of stopping it. It being deemed improper for him to move immediately, he was induced to lie down on one of the benches. About a half hour after this occurrence, his pulse was felt for the first time. It then beat 118 per minute; nor did it vary for the next half-hour. He was persuaded to take some of the water of the Anti-Dyspeptic Spring, which he was loth at first to do, lest a recurrence of the hemorrhage should take place. He took about a half-pint of water, in small quantities at a time, with intervals of from 15 to 20 minutes between each. In about an hour from the drinking of the first portion of the water, the pulse was reduced to 98 beats per minute. Soon after, he was assisted up to his room, and put to bed. His pulse was not again examined until about four o'clock of the same afternoon, (the hemorrhage had occurred about 10 o'clock, a. m.) it was then found to have fallen to 86. In the course of the day, he had taken about a pint of the water, in quantities of about a half tumbler at a time. The next morning his pulse was again examined, and found to have fallen to 84 beats per minute. In the course of the day, he left his bed, and came down stairs, and the day following, he left the Grey for the Red Sulphur, to obtain medical advice. His pulse was not examined after he left his bed.

No. 6.

Mr. M., of South-Carolina, had been long a dyspeptic, and had suffered for many years, from *Chronic Diarrhœa*. Early in the season of 1834, he visited the Saratoga Springs—the water proved injurious to him. From thence he visited the White Sulphur, Salt Sulphur, and Red Sulphur Springs, without experiencing material benefit. When he arrived at the Grey Sulphur Springs, he was exceedingly feeble, and had to be assisted about, and for several days scarce ever left his chamber, except at meal times. His passages were very frequent,—from 8 to 10 during the night, and about the same number during the day. He had entirely lost the power of secreting urine, and all liquids which he drank passed through his bowels, mixed up with undigested food. His passages were thin, and of a whitish clay colour, apparently made up of water, and undigested food, the latter so little changed as to be easily recognised. In three days, his passages were reduced to from 2 to 3 each night, and about the same number during the day; the consistency and colour also changed. In a week's time, this change was still greater. The number of passages were about the same, but they became of a bright yellow colour, and similar to a child's in consistency. He, moreover, secreted urine freely, and on one occasion he informed us, that he had passed a quantity of "pure bile." His bowels remained nearly in this state during the time he remained at the spring, (about a fortnight,) but he improved greatly in bodily health, walked out, was cheerful, and in every respect appeared better. The intended stoppage of the stage hurried him off earlier than he wished. He left the Grey Sulphur with the belief that he had derived considerable benefit from the use of the waters. It is proper to remark, that his appetite was enormous, and that he did not restrict himself in his diet.

NOTE.—There were several other cases of Diarrhœa at the Grey Sulphur, in 1834, '5 & '6; all were materially benefited by the use of the Anti-Dyspeptic Spring.

No. 7.

Mr. L — arrived at the Grey Sulphur Springs about 4 o'clock in the afternoon. He had been for some time in a delicate state of health and had suffered much during the day. Early in the morning he had been seized with nausea, which brought on vomiting. The irritation increased during the day, and the vomiting became frequent, and easily excited—all food was immediately rejected, and so irritable became the stomach, that two mouthfuls of water, taken a short time before reaching the Grey Sulphur, were thrown up, before he could recline back in his carriage. He was very much exhausted when he arrived, but, without sitting down, requested to be shown to the spring. We accompanied him down. He took a glass of the Anti-Dyspeptic Spring, paused for a few seconds, then took another. A minute or two elapsed, and he then drank several, in quick succession. The

precise properties of the water had not then been ascertained, and we felt bound to caution him against making such free use of an untried water, although we then knew nothing of his case. He laid down the glass, and walked up to the house with us. On the way, he mentioned the particulars already given: in continuation, he stated, that on drinking the first tumbler of water, he experienced a slight nausea, as the first of it reached the coats of the stomach, but that this wore off almost instantaneously. Being much exhausted, and exceedingly thirsty, he determined to venture a second, although he firmly believed that both would be thrown up. Not the slightest nausea was experienced on drinking the second tumbler of water. Surprised at this effect, he determined to ascertain what would be the effect of taking it in larger quantities, and for this purpose he drank off about four tumblers more, when he was prevented from proceeding further, by our remarks. The great quantity he had taken, not only produced no unpleasant sensations, but, on the contrary, removed those he had previously experienced, and served to revive him. In the course of the afternoon, he took two or three glasses more of the water. About 7 o'clock supper was served, of which he partook freely, making choice of substantial food, such as broiled chicken, bread, rice, &c. Not the slightest nausea was produced. Fearing a recurrence the next morning, he was advised to take some of the water before he left his bed. We were informed, that a slight nausea was felt, but it immediately wore off on drinking a glass of the water. In similar attacks, which this gentleman had previously had, each was succeeded by such costiveness, that medicine had to be resorted to. In the present one, there was no occasion for medicine: the evacuations were large, and the bowels continued regular during the time he remained; nor did he, at any time thereafter, experience any nausea, with which we were made acquainted.

No. 8.

Sir,—It affords me pleasure to bear testimony to the efficacy of the waters of the Grey Sulphur Spring in my case. I have been suffering from Dyspepsia, for at least 15 years, during which time it has made fearful inroads on a naturally delicate constitution. The disease had progressed so far (a few years ago) that the slight stimulus of food, produced an immediate evacuation after every meal. This state of things could not last, and a most violent inflammation of the bowels ensued, which brought me to the borders of the grave, and eventuated in the formation of a *fistula in ano*. The sinuses spread so far, and became so numerous, that I was forced to have some of them laid open, but having a predisposition to pulmonary affections, it was not deemed prudent to operate on all of them. My digestive organs had not recovered their strength, and the irritation of undigested food, (though I lived extremely low) kept up the inflammation, and this at last extended to the neck of the bladder, and became extremely dis-

treising. To remove the inflammation and obtain relief, I had recourse to mustard poultices and opiates, but the relief was very temporary. Whilst suffering much from this cause, I was induced to set off for the Virginia Springs. At that time, my bodily health was so much impaired, that I was almost incapable of transacting business: all employment, (even reading) was irksome to me. My digestion was so bad that I scarce knew what to live on: every thing, however plain, appeared to disagree with me, and I was at times truly wearied of life, for I looked forward only to a life of pain and suffering. Such was my situation, when in 1834, I left my home for the Springs. On my journey, I did not improve in health, but on the contrary, had a slight attack of diarrhœa. The irritation around the bladder continued or rather increased, so that I was obliged to make use of opiates daily, and sometimes, 2 or 3 times in the course of the day. The first Spring I arrived at, was the Grey Sulphur. This I consider fortunate, as I found, on trial, that all of the others were too stimulating for me, with the exception of the Red Sulphur, and from that, I am not aware of experiencing, any material benefit. Be this as it may, it enabled me satisfactorily to ascertain that the waters of the Grey Sulphur Spring, were decidedly beneficial in my case. I can scarcely describe my situation when I arrived at your Spring. I was weak, feverish, and laboring under a kind of nervous excitement, whilst the inflammation had evidently increased, and I suffered much from it, especially towards evening. I have been thus particular, that the action of the water may be more distinctly understood. The first day of my arrival, I drank freely of the Anti-Dyspeptic Spring. I took no note of the quantity, but drank whenever I felt thirsty, or had an inclination, and I must confess, with but little expectation of finding relief, or at least, not immediate, for your Spring had not then obtained that celebrity, which I am glad to find it has since acquired. Judge, then, of my very agreeable surprise, at finding in the evening, (the time when the paroxysms of pain were unusually the most violent,) that they were so slight that I had no need of medicine. I retired to rest and slept soundly. The next day I was not at all annoyed, and at the usual time, I scarcely perceived, that there was any irritation at all. The third day I was entirely relieved, and had no return during my stay at the Spring, nor had I occasion once to use any medicine.

Other changes not less important, also took place. The diarrhœa ceased on the second day, and in the course of the week the evacuations, from being thin and of a whitish clay colour, became of an orange colour, and acquired considerable firmness, and in a short time afterwards, acquired all the characteristics of healthy passages. It is needless to say that my digestion had improved. One thing is worthy of remark, and that is, that I found myself able to digest, not only plain food, but also the richer kinds, and even desserts, and this without suffering, and even without experiencing any unpleasant feeling after

meals. I should here state, however, that I invariably took from one to two tumblers of the water after *each* meal, and I found this peculiarly serviceable after breakfast, when the tea (or coffee) become (almost invariably at first) acid. During my sojourn with you, I improved in every respect, and even the discharge from the fistulas ceased nearly altogether, and I returned home in (comparatively) excellent health, which I enjoyed, until unfortunately I was attacked with the influenza during the last winter. From that time I began to retrograde, and when summer arrived, I was in almost as bad a condition as the year previous. The inflammation and irritation was quite as violent, and my digestion had again become disordered. I had experienced too much relief at the Grey Sulphur, to hesitate long as to the course proper to be pursued, and I again had the pleasure of visiting them the last season. I have only to say, that the same happy effects were produced, the only difference I observed was, that these were not so immediate as the year previous, but I am amply compensated for this, by their permanency. And I have now the pleasure of stating to you, that I have enjoyed, and am now enjoying (February 12th,) better health than I have known for the last 10 or 12 years, and most happy am I to state to you, that I have not had the slightest indication of inflammation in those regions where I had suffered so much.

No. 9.

Mr. K—, had been dyspeptic for many years, and had suffered much during the time from acidity and considerable debility. On drinking of the water of the Anti-Dyspeptic Spring, he found immediate relief from acidity and experienced no return. It acted principally as a diuretic, and a very pleasant sudorific. The evacuations not being as copious as desired, he made use of the Aperient Spring in the mornings, and drank of the Anti-Dyspeptic during the rest of the day, which produced the desired effect of keeping the bowels regular. Found the Waters mild and gentle in their operations, and well calculated to allay irritations of the stomach and bowels.

K.

No. 10.

Dear Sir,—My health has been greatly improved by my sojourn in the mountains last season, and as the Grey Sulphur was the first watering place I stopped at, I can speak as regards myself with confidence of the salutary influence of the water, for I did not drink of it more than two days before I felt better, and my health manifestly continued to improve during my stay. Of the Grey Sulphur, I have every reason to express myself in the most favourable terms, and am persuaded, that so soon as travellers become more generally acquainted with your pleasant and agreeable establishment, it will be the resort not only of invalids, but the resort of the gay and fashionable, who visit the mountains of Virginia in quest of pleasure.

The following note refers to the above case.

Had had an attack of fever in August, 1834, (which reduced him much,) and also another the last spring. These were said by his physician to proceed from a deranged state of the liver, which induced him to travel to the Springs. He was exceedingly costive, and suffered much from acidity and phlegm in the throat. Feeling unwell, he took some rhubarb, at Newbern, which caused such pains, and so great weakness, that he could not proceed in the stage. As soon as he felt better, he travelled on to the Grey Sulphur. At the time of his arrival he had no appetite, experienced very unpleasant sensations in the region of the stomach, and feared an inflammation of the bowels would ensue. First afternoon, drank of the Aperient Spring, which produced only a diuretic effect. The next day drank of the Anti-Dyspeptic Spring, and the following night took a blue pill. The morning after he had a very copious evacuation, *unaccompanied with any pain, which medicine invariably produced.* Continued to mend—appetite increased—lost all acidity of stomach—had copious evacuations every day—recovered his spirits, under great depression of which he had laboured, expectorated, (or rather merely hawked up) the phlegm with the greatest ease, which before was exceedingly troublesome and difficult to get up, felt no pain, and in every respect reported himself better.

No. 11.

I arrived at the Grey Sulphur on the 13th of August last. I was not then aware of having experienced any essential benefit from the use of the Waters of these Springs I had previously visited. The weakness of my stomach had increased, as evinced by a considerable pressure on that organ, after even a slight meal. My head, for the first time in many years, was much affected, and the pain over the region of the liver, was more distressing than I remember ever to have felt. Six or seven tumblers of water a day, from the Anti-Dyspeptic Spring, in less than a week entirely relieved my head, improved my appetite, and diminished materially the pain in the side. The disagreeable sensations of the stomach, after dinner, invariably abated from a copious draught of that water. Mrs. S. is satisfied that she derived more benefit at the Grey Sulphur than from any other Spring in Virginia, except the White Sulphur. A week's free use of the water from the Anti-Dyspeptic Spring, greatly increased her appetite, lessened the frequency of the pulse, relieved her head, and operated most beneficially on her spirits. In that time, she gained in flesh 4½ lbs. Both of us found the waters of the White and Salt Sulphur too stimulating, otherwise, the former spring proved serviceable, though in my own case, judging from my feelings at the time, not decidedly so. It is proper I should add, that I have long laboured under a torpid state of the liver. Mrs. S's complaint is, a great prostration of strength, together with a nervous affection and derangement of the biliary ducts.

No. 12.

*Dear Sir,—** * * I left home with Mrs. M. and my second daughter, in a very low state of health. Mrs. M's disease, Dyspepsia, commenced some years since, and progressed until it had assumed its most violent form. Nothing she eat, previous to our leaving home, (with the exception of soda-biscuits) which did not produce, more or less, derangement of the system. Thirteen days of very moderate riding, brought us to the Grey Sulphur Springs. We were there, perhaps, a week, before Mrs. M. would allow she had received any benefit, after which she acknowledged a gradual improvement, until, at the expiration of three weeks, she could indulge in a considerable variety of food. Her improvement there, was such, as to induce me (though no dyspeptic) to recommend the Grey Sulphur to all I have since conversed with. Our daughter had had a short, though violent, illness: I considered her health almost re-established, when we left you. Miss H. accompanied us: her case, an affection of the lungs. She says, the Grey did not disagree with her: the waters of the other springs did. She left home in a bad state of health, and has returned, looking healthy, though she has yet a cough. We left you the 25th day after our arrival.

No. 13.

*My Dear Sir,—*Having, as I conceive, derived material advantages from a visit to the Grey Sulphur Springs, during the month of July, 1835, I feel it my duty to state the effects produced on me, in consequence of using the waters for a week.

I had been for two years labouring under the effects of Dyspepsia, accompanied with acidity—pain in the head—restlessness at night, and occasional violent attacks of cholic. Travelling at the North and a short visit to the different Springs of Virginia, had, I thought, relieved my symptoms a little, but had not benefited me materially. For a couple of days after my arrival at the Grey Sulphur, I drank freely of the waters of the Aperient Spring without any decided advantage, and was after a day's fatigue and exposure to wet feet, attacked with my usual enemy, the cholic. In my distress and agony, I was informed that others had been relieved under similar attacks, by the use of the waters of the Anti-Dyspeptic Spring. I accordingly drank two tumblers full of the waters of that Spring in succession. An almost immediate relief succeeded. Cathartic operations were freely produced—after which I fell into a sound sleep, which continued for many hours, and I felt myself once more refreshed, and relieved from the attack. I remained several days longer at the Springs than I had at first intended—making free use of the waters of the Anti-Dyspeptic Spring. They continued to have a mild cathartic effect till all dyspeptic symptoms were removed, when they ceased to operate on me. Nine months have since elapsed, and I have not had the slightest

attack, till a fortnight ago, when I felt some unpleasant symptoms, which were removed by spending a few days in the country. So confident am I of the good effects of the waters of the Grey Sulphur, in cases of dyspepsia, that I am anxious to keep a quantity of it by me, and resort to its use whenever any symptoms of the disease may return.

In addition to the beneficial effects derived from the use of the waters of the Anti-Dyspeptic Spring mentioned above, it affords me pleasure to state, that I received essential advantages from the use of the water sent to me at Charleston, through the kindness of Mr. Legare. In the autumn of 1836, after having been for some months afflicted with another disease, I found my symptoms of dyspepsia again returning; and after suffering for a couple of weeks, I resorted to the use of the water which had been sent to me in bottles. I made use of a bottle a day, for three or four days, when I found the disease removed. Three months have since passed away, and no symptoms of the disease have returned. From the beneficial effects produced on me, from the use of this water, I confidently recommend it to others.

No. 14.

Mr. B—— has had a bronchial affection for many years, which, at times, was so distressing, as to compel him to remain propped up in a sitting posture, in bed, the whole night, and in this mode obtain some sleep. To obtain relief from this affection, he now travelled. When he first arrived at the Grey Sulphur, the cough was very troublesome. Made use of the Anti-Dyspeptic Spring, which had the effect of producing a gentle perspiration, especially at night, and which effect was continued whenever the water was taken, during the whole time of his stay. The cough gradually diminished, until it disappeared almost altogether. At first, there was considerable difficulty in getting up the phlegm, but after drinking the water a short time, it was expectorated with great ease. During the time he was at the Grey Sulphur, he slept well—had an excellent appetite, and could easily digest whatever he partook of.

B.

No. 15.

Dear Sir,—I think I can safely testify, (so far as I had the opportunity of trying the Grey Sulphur Waters,) that they acted *more kindly on the skin*, than any other waters I have yet seen; and as an anti-acid, they far exceeded anything that I have heretofore tried. I shall take great pleasure in recommending your Spring to all my friends, who are labouring under a dryness of the skin, or of an acid stomach. Since the receipt of your letter, I met Mr. S. (case No. 1,) he remarked that he received greater benefit from your Springs than any other in Virginia.

NOTE.—Mr.— has omitted to say which of the Springs he made use of, but we are able to supply the omission. He used the Anti-Dyspeptic, we believe altogether; certain are we that the waters of that Spring produced the effects

described above, and we will here take the liberty of stating them (in one respect,) a little more in detail. As we understood Mr.— he had not had (up to the time of his visit) any moisture of the skin for several years past, except when he was engaged in violent exercise and in the sun: an unpleasant dryness was the natural consequence. On retiring to bed the first night of his arrival, he took two glasses of water from the Anti-Dispeptic Spring, which had the effect of producing a gentle perspiration during the night. He left the next morning, but returned again in the course of 10 days, and remained about a week, during the whole of which time (as we understood) the same effects were produced.

CASES IN 1836.

No. 1.

On the 26th of May, I arrived at the ——— Springs: previous to that time I had had frequent hemorrhages, and suffered much from a distressing cough. I remained eighteen days at that spring, and am not aware of having experienced any benefit, but, on the contrary, evidently got worse every day. The only action of the water was, to constipate my bowels, and I suffered much from headaches.

On the 11th June, I arrived at the Grey Sulphur, with feelings of considerable langour, and much depression of spirits. I took but a half-tumbler of water during that day. The day following, my headache returned, with considerable violence. I then took a half-glass of the Anti-Dyspeptic Spring, which had the effect of entirely removing it, in the course of five minutes. I continued to use the water from the same spring, in quantities of a half tumbler, about an hour before each meal, and the like quantity after each. The effect has been, to reduce my pulse, from 104 to 82 beats per minute; to remove the constipation (the second day after my arrival, the water producing a natural evacuation, which it continued to produce, at regular periods, without my having had recourse to any medicine;) to relieve my cough, and lessen the expectorations, which are now more free, and easily brought up; and to remove the flatulency, from which I experienced much inconvenience. My spirits are better, and I feel now much stronger and better, than I have done since I left home. My diet has been rye-bread, venison, soft-boiled eggs, and sometimes corn mush, my drink has been tea or milk.

No. 2.

After a protracted illness of several months from bilious and congestive fever, I visited the Virginia Sulphur Springs, and remained several days at the White, Salt, and Red, using their waters freely. My strength and general health returned very rapidly; but the arterial action of my system was greatly heightened,—my pulse ranging from

95 to 110 beats in a minute. From the Red, I visited the Grey Sulphur, and drank of the Anti-Dyspeptic Spring, three glasses at morning, noon, and night. In 24 hours my pulse was reduced to 83 beats in a minute, and continued at that rate during my stay. My pulse, when in good health, is about 87 beats to the minute.

No. 3.

I arrived at the Grey Sulphur, on the 10th August, 1836. I had suffered, previously, much from Dyspepsia, and was exceedingly weak. My disease appeared to be complicated. My liver was torpid, my bowels constipated; and my nervous system so deranged as to amount almost to hypochondriacism. My pulse was exceedingly slow, weak, and irregular; and my hands and feet frequently cold—the former from the elbows, and the latter from the knees. At times the coldness extended farther upwards. Notwithstanding I had ridden ten miles on that morning, when the weather was warm, yet, an hour after my arrival, when my pulse was first examined, it was found to beat but 46 to the minute. I drank that afternoon, of the Aperient Spring, taking about two glasses of the water. The next morning I took two more, when I became sensible of a burning sensation in the chest, showing, as I was informed, that there was some latent inflammation. I was advised to desist drinking of that spring, and to use the Anti-Dyspeptic Spring only, which I immediately did. About the same hour of the day, my pulse was examined, and found to have risen to 56. I continued to make use of the water of the Anti-Dyspeptic Spring altogether, and on the day following, my pulse rose to 60, and the next day to 70 beats per minute. The circulation returned to my hands and feet, which became warm and comfortable. My pulse did not remain at 70, but fell to about 60, at which it kept during the three weeks I remained at the Grey Sulphur. My costiveness continued until after my return from the Salt Sulphur Springs, where I spent a week. The water of that Spring, after a few days' use, carried off a large quantity of dark hard matter; but it was not until several days after my return to the Grey Sulphur Springs, that healthy bile was secreted, and my passages became of a natural colour and consistence. My digestion has improved, and I feel better, though not entirely recovered from my indisposition.

I would remark, in conclusion, that while the water of the Anti-Dyspeptic Spring was acting so favourably on me, by exciting the arterial circulation, the same water, at the same time, was reducing the arterial circulation, in a gentleman whose pulse was unnaturally high, to a healthy standard, viz., from 110 to 83.

No. 4.

Dear Sir,—Having been favoured with some of the water of the Grey Sulphur Spring, to make use of in my case, I with pleasure com-

municate the result, especially as it has fully equalled the expectations formed of it. Although my case is known to you, yet it may not be amiss to state, for the information of others, (for you have my free permission to make what use you please of this,) that I was suffering at the time from an inflammation of the bladder, to which I have been for several years subject. At these periods, I have resorted to opiates, and the application of mustard poultices over the region, which have always afforded relief. On the evening of the 22d April, I had a slight attack; and having been kindly furnished with some of the water brought on for your own use, in order to test its virtues when brought from the spring, I made use of some of it, perhaps drinking about a tumbler and a half, which produced a diuretic effect, and entirely relieved me from *all* irritation, in the course of about two hours. Nor did I have any recurrence, until about 2 o'clock on the following day; when, wishing to reserve the water for other trials, I resorted to my old remedy, and took my usual dose of paregoric. I was but partially relieved; and about 6 p. m. I took two cicuta pills, which afforded me a temporary relief. About 10, I had strong indications of an attack of cholic. I made preparations for it; and among other things, brought a bottle of the water into my chamber. My fears were groundless; and I slept tolerably well until about 4 o'clock, when I was awakened with a most distressing irritation of the bladder, occasioning much pain. I endured this for some time; but at length got up, and, recollecting the relief I had experienced, from the use of the water, I opened the bottle, and took about a half tumbler. I experienced no sensible relief, and, in the course of a quarter of an hour, I took a second half tumbler: in a short time I was made very sensible of its salutary effects. The irritation had evidently subsided; but there was still enough to forbid all sleep. In the course of an half hour I took a third half tumbler, when the irritation entirely ceased,—that is, in the course of 15 or 20 minutes. When I got up in the morning, there was a feeling of tenderness about the parts, and of general languor. I took some more of the water, and by breakfast time, even the sensation of tenderness had disappeared. That of languor still continued. After breakfast I suffered from a headache; and having about a half tumbler of water left in the bottle, I took it, and lost the headache. I continued free from all pain during the rest of the day, and began almost to hope that I had experienced effectual relief. Alas! attacks as severe as mine usually are, are not to be got rid of so easily. I went to bed, however, feeling tolerably well, and slept soundly until about 2 a. m., when I awoke with a most distressing pain in the region of the bladder, more violent than I had ever experienced. I was loth to disturb the family, and endured it as long as possible; but the inflammation appeared to increase rapidly, and the pain and irritation, of course, were in proportion. I could stand it no longer: in fact, prudence forbade it. I procured another bottle of the water. The effect

was more instantaneous than on the first trial. The first tumbler (for I made use of it in larger quantities) produced relief. I was in so much pain at the time, that I felt indisposed to move, and sat me down on the nearest seat, to obtain relief. I must confess I was astonished, and could scarcely credit my feelings when I found the sensations subsiding. In the course of a quarter of an hour, I got up, took about a half tumbler more of the water, and went to bed. A drowsiness came over me; I fell asleep, and did not again awake until my usual hour of rising. On awaking, I found myself refreshed, and felt nothing of the langour from which I had suffered the day previous, and not the least disagreeable sensation in the parts affected. I was not, however, cured; and I had, after, several attacks. In three other instances I was relieved by the use of this water; and I firmly believe, that had I been able to procure the water in sufficient quantities, I would have been permanently relieved, at the very outset. I am perfectly satisfied, that the water is effectual in allaying inflammation, and, my impression is, fully as speedily as opiates can, and with this decided advantage,—that the system is not prostrated, but on the contrary, invigorated, and thus made better able to resist subsequent attacks. The langour I felt in the first instance, I attribute to the paregoric and cicuta pills I took the day previous. I did not take these in the subsequent trials, and I did not experience any sensation of langour.

No. 5.

Dear Sir,—In compliance with your request, I make the following communication, on the effects I experienced from the use of the water of the Grey Sulphur Spring.

I left home in June last, much indisposed, from a severe attack of dyspepsia. I was constantly distressed with pains and spasms, in the stomach and bowels. Every thing I ate disagreed with me. I continued in that state during my journey to the Virginia Springs, which, by easy stages, took me more than a month. The first spring I visited, was that belonging to you. The day I arrived, I had suffered very severe pains from indigestion, and still was suffering, at 5 o'clock in the afternoon, when I drank a tumbler of the water. About 7 o'clock I ate supper with a good appetite, (corned beef, bread, and black tea.) and drank another tumbler before going to bed. I awoke at 1 o'clock, with heartburn, but less than usual: it soon subsided, and this night—the first, for some weeks, passed without any further symptoms of indigestion. Rejoiced at this escape, the next day, I fear, I presumed on the efficacy of the water, and ate too heartily both at breakfast and dinner. I escaped suffering through the day: this escape I had for several days: but still the pains at night obliged me to seek relief from aperient medicine (although, I should remark, I found a disposition to sleep always promoted). I found, however, that I required larger doses than usual, as I supposed, from the tonic effect of the water,

which I continued to use every day before and after meals. During this time I felt less debilitated by the medicine; and, notwithstanding I was still suffering, I improved in appearance and strength. This was my experience during the twelve days I was with you. Perhaps I ought to have stayed longer: but I was, with the usual impatience of invalids, anxious to try the other springs. From none of them did I experience as much benefit.

In a notice of this kind I have thought it best to state facts. As to my opinion, I think the waters of the Grey Sulphur Spring decidedly tonic, tranquillizing to the stomach, and soporific; and believe it can be used, with great advantage, conjointly with medicine. In regard to the accommodations, I found it the pleasantest of the springs: the drawing-room and reading-room gave it a decided preference. Your polite attention must also induce every visiter to wish success to your establishment.

No. 6.

Dear Sir,—In reply to your inquiries, I am happy to state, that my wife's health is now very good; and to the use of the Grey Sulphur water she is mainly indebted for her recovery. When I carried her there, she was so great a sufferer, from a recent violent attack of dyspepsia, that she could not eat even a bit of dry toast, or any kind of solid food, without great oppression and distress. She could not sit up, or walk about, from weakness, having been confined, for a week previously, to bed, with constant cascading, and violent pain at frequent intervals, in the pit of the stomach, owing to the great irritability of the coats of that organ.

She arrived early in the morning, drank several glasses of the Anti-Dyspeptic Spring, felt an appetite for dinner, and to my surprise, ate venison steak with rice and vegetables; and, by using a couple of tumblers more of the same water, felt no distress ensuing. After this trial she eat whatever she fancied, with continued impunity, and rapidly improved in health and strength every day of her stay. From what I witnessed in her case, and others, I truly believe it to have no equal in the mountains, for that, and some other complaints besides. It is (except the Red Sulphur,) far the most agreeable also to taste. On myself, two glasses on going to bed, acted as the most soothing and delightful narcotic; and this effect was, I believe, very general on visitors. I need wish the Grey Sulphur no higher success than it deserves. I wish that it may soon be second to none in popularity and esteem.

No. 7.

Dear Sir,—In reply to your request, to know what effect the waters of the Grey Sulphur Springs have had on my health, I have a pleasure in stating that it has been decidedly favourable.

My case has been complicated, and of ten years' standing; but varying, very considerably, during that period. I was first attacked with severe fever, in a warm climate, followed by an attack upon the lungs; and after my lungs were relieved, I was said to have a chronic liver affection,—attended with a troublesome, and generally hard, cough. Thus I have been struggling, for many years, under a disease, attended with indigestion, or dyspepsia, and my flesh wasted away to about two-thirds of my usual weight when in health.

By the recommendation of Dr. Thomas Harris, of Philadelphia, I was induced to visit the springs in this region of country. I remained at, and used the water of the White Sulphur Spring, under the directions of Dr. Carter, for two weeks; from thence to the Red Sulphur, where I drank the water one week, and left it for the Grey, and on the day I arrived at your spring, I made the remark to my wife, that I could not perceive that my health was improved in the smallest degree,—being about the same as when I left home. I commenced using the water from the Anti-Dyspeptic Spring of the Grey, in small quantities at first, increasing gradually to 6 or 7 glasses per day, and began to experience relief in two or three days, but it was not very apparent in less than five days; and I continued, evidently, to improve for the remainder of the week that I stayed. My cough was softened, and expectoration was more easy; my digestive organs were in so much better a state, that I could indulge, with impunity, in eating many kinds of food, which invariably gave me distress and sickness, before I came to your house. The water prevented acidity; produced an oily perspiration, which was always evident from the ends, to the second joint of my fingers, and in my hair; and with the use of two glasses of the aperient water before breakfast, my bowels were twice considerably affected, and generally in a comfortable state. My wife used the water from the Aperient Spring almost entirely, taking only a little of the other after eating. She was in much more comfortable health when she left; her suffering was only from disordered stomach and constipated bowels, which, the last day or two were greatly relieved.

I will remark that, Doctors Harris and Carter were both of opinion, that I had not an organic liver affection.

Mrs. H. and myself both left your Spring very favorably impressed with the value of the waters, and its comforts; and regretted exceedingly, that our previous arrangements made it necessary for us to leave so soon or we should have remained, to enjoy ourselves some weeks longer. Wishing, sir, that the Grey Sulphur Spring may become more generally known, and properly appreciated, I remain, &c.

No. 8.

Dear Sir,—After visiting the — Sulphur Spring, for the purpose of obtaining relief in bronchitis and dyspepsia (without benefit) for some time, I visited the Grey Sulphur, and after drinking the waters of the Anti-Dyspeptic Spring for three or four days, I was entirely relieved of my dyspepsia. I would observe, that I used a strict diet during this time. The first day, it caused me to expectorate very freely; afterwards, its effects in this particular were not so perceptible. After the end of a week, I returned to the — Sulphur, much improved. It operated chiefly on the kidneys and skin.

No. 9.

Dear Sir,—I left Charleston for the Grey Sulphur Springs in June last, with Mrs. W., who had been troubled with dyspepsia for many years past, and

which had increased, until it had assumed its most violent form. We had travelled several summers at the north, and tried the waters of Saratoga, but derived no benefit. Mrs. W. has experienced two severe fits of illness, arising from Dyspepsia,—the last in the spring of 1836. Her case had become very complicated, and we determined to try the Virginia Springs, should she recover. On the 13th of June we left home, in a private conveyance. Mrs. W. was very feeble, and had been reduced from 126 to 91 lbs. Eighteen days of slow travelling brought us to the Grey Sulphur Springs. Mrs. W. commenced immediately the use of the Anti-Dyspeptic Spring, and for the first three days was not sensible of any benefit; but, on the contrary, thought it injurious; in consequence of which she was desirous of resorting to some other spring. She was, however, prevailed on to try them a little longer. At the end of the week she experienced so considerable a relief of her symptoms that she was induced to remain for three weeks. During this time, her improvement was so great, as to be manifest to all her acquaintances. Her strength increased, so that she was enabled to take considerable exercise: her feet, which were very much swollen on her arrival, were reduced to their natural size: her digestion was materially improved; and she was enabled to partake with impunity of many things, of which she had not tasted since the commencement of her illness: and, I am happy to add, she now enjoys better health than she has done for the last six years. In conclusion, I would observe, that we visited all of the other springs; but Mrs. W. drank of none of them more than from one to two days, being of the opinion that they did not agree with her.

No. 10.

Dear Sir,—I was induced to visit your springs, in consequence of the sickness of my son. For the last year he has been a dyspeptic, and has suffered much from chronic diarrhœa, the effects of which were quite alarming.

I found the exercise of travel beneficial. Still his disease remained; and on the day before my arrival, he had a severe attack of diarrhœa. Nor were his discharges at any time healthful. These, indeed, were very bad; shewing, up to the very hour of my arrival, every appearance of an extremely weak and disordered stomach.

I reached your springs on the 17th July, and confined him to the use of the old, or Anti-Dyspeptic Spring. For the first three days I perceived no change. On the fourth, the number of his evacuations were less frequent, and not quite so watery. On the sixth they became consistent; and since that period have been regular and natural, and now I behold, instead of a sickly, a strong and hearty child.

I have paid always, strict attention to his diet, and to his clothing. I have had, too, every attention which the highest medical skill could bestow. Still, I am satisfied that it is owing to the effects of your spring that my son is now restored to health. His disease was induced from an attack of scarlet fever. This left him weak; a confirmed dyspeptic; which ended, in a short time, in a case of confirmed diarrhœa; and I may say, that for the last nine months he has not been free from it.

No. 11.

I have been afflicted with dyspepsia for several years, and general nervous debility; and for three or four months with an impeded circulation of

blood; slow, irregular pulse, and pain in the left side. My pulse, when I arrived at the Grey Sulphur Springs, beat about 66 to the minute, with considerable irregularity, every 4th or 5th beat being slower, and apparently impeded. Being advised to drink of the Aperient Spring, my pulse beat 82 per minute after taking one glass of the water, in less than half an hour. After using the water freely for 3 or 4 days, my pulse became more regular, soft and healthy, beating between 70 and 80 in a minute, and continued so, as long as I remained at the springs,—about two weeks. The pain in my side did not entirely cease, but was better when I left. My health has considerably improved since I left those springs, and I have had no return of the impeded circulation of the blood up to 1st April, 1837.

No. 12.

On the day of my arrival at the Grey Sulphur Springs, I drank five or six glasses from the Upper, or Anti-Dyspeptic Spring, which produced a violent aperient effect, causing several large evacuations of pure bile the next morning.* A few days after, I took one and a half glasses of the lower, or strong spring, which caused my pulse to rise from about 75 to 101, in about two hours. I had previously visited the White and Red Sulphur; the waters of which produced little or no effect on me.

No. 13.

In July, 1828, I was attacked by a severe fit of Rheumatism, which confined me to my bed for 4 weeks: From that time until the last winter, I have had frequent attacks during the winters some of them so severe as to confine me for several weeks to my room, and I almost invariably had one, more or less severe, whenever I got my feet wet. When I arrived first at the Grey Sulphur Spring, I was labouring under indisposition from a recent attack, which I still felt the effects of so sensibly, as to be scarce able to attend to my various duties. I drank freely of the Anti-Dyspeptic, occasionally making use of a small quantity of the Aperient Spring. The effect was, to produce a copious perspiration, more especially at night. This had the effect of relieving me from all pain, in the course of ten days; but I still continued feeble, and did not recover my usual strength for nearly a month. From that time, (May, 1835,) to the present time. I have experienced no return of rheumatism, though frequently exposed, and under other circumstances, would have had, in all probability, several attacks. I attribute my exemption entirely to the use of the waters of the Grey Sulphur Spring, which I continued to use during the whole winter. During the last winter I was exposed much more than usual. I now feel stronger, and in better health than I have been for the last five years.

June, 1836.

We annex the following letters, from Professors Moultrie, Dickson and Frost, of the Medical College of the State of South-Carolina, and Dr. John Dickson, of this City, who visited the Grey Sulphur Springs the last season:

* This effect is only produced when the system is overcharged with bile.

Charleston, March 27, 1837:

Dear Sir,—I have read with interest the additional documents relative to the medicinal properties of your springs. They strengthen the anticipations raised in their favour, by a perusal of the preceding. Indeed, there can be little doubt as to the *power* of these waters; further experience alone is wanting, to point out the particular states of the body to which they are applicable. I cannot doubt their fitness to the cure of many diseases; and confidently expect that as they are better known, and more extensively used, their virtues will be better understood, and more highly appreciated. The few instances in which I have seen them employed in this city, being complicated by other modes of treatment, do not enable me to speak definitively of them. My impressions, as far as they go, are altogether favourable. The efficacy of the Anti-Dyspeptic Spring, in allaying irritability of stomach, and promoting the urinary flow, seemed quite probable. Time will, unquestionably, establish their value.

Very truly yours,

JAMES MOULTRIE.

Charleston, March 20, 1837.

My Dear Sir,—I have perused with interest the file of letters and certificates you placed in my hands, from persons who had, with benefit to their health, visited your springs in Virginia, and drank of the waters of the Grey Sulphur. I cannot but consider these documents as entirely satisfactory; and the histories of cases therein given, as demonstrating the powers of these waters in curing many varieties of disorders of the digestive organs.

I have also had opportunity of late, of seeing their effects in patients under my care in this city. In several of these invalids—labouring under maladies considerably diversified in nature—they have done much service; the one as tonic, deobstruent and diuretic, the other as aperient and tonic. I cannot but express again to you, my confident hope and belief, that they are valuable additions to our list of remedies for, and resources against, disease.

I am, dear sir, very respectfully, yours,

SAML. HENRY DICKSON.

Charleston, May 5, 1836.

Dear Sir,—Having heard much in favour of the Grey Sulphur Water, I have felt anxious to know something of its effects. I have had an opportunity of witnessing its action in a lady who had been ill of an hepatic affection, complicated with considerable derangement of the digestive organs. Upon the subsidence of the first, I was so fortunate as to meet with a supply which had been bottled and brought to the City. Its effects were gratifying. The distension of the stomach, and uneasiness which water, or other drinks occasioned, was not experienced; it was grateful and refreshing, rested well, and served very often to relieve the unpleasant feelings which arose from the use of other articles. Its action was soothing, and its stimulus such as the excitable state of the patient, still labouring under the effects of unsubdued inflam-

mation, would admit. Other symptoms, which so frequently attend in dyspepsia, were relieved, or not complained of.

The patient was further impressed with the belief, that she slept better after drinking the water. This I do not suppose, arose from any property in the water calculated to produce sleep, but from the general relief her symptoms experienced,

With the best wishes for the success of the enterprise in which you are engaged, I remain, very truly,

HENRY R. FROST.

Charleston, March 22, 1837.

Dear Sir,—After a short but agreeable sojourn at the Grey Sulphur Springs, I feel warranted to give a very favorable account of the place. The following brief statement will exhibit the impressions made on my mind by the visit.

1. Without any invidious comparisons, I consider the locality as peculiarly happy. It is dry, airy, and interesting, affording pleasant walks and rides, and furnishing, in mineralogy, geology, &c., a new and instructive field of observation. The quiet and convenience of the establishment itself, with its freedom from dissipation and crowding, must strongly recommend it to a large class of invalids.

2. The results produced by the use of the waters, are so remarkable as to afford much encouragement to the patients suffering from the various, and sometimes unmanageable disorders of the digestive organs. In many anomalous cases of stubborn chronic disease and complicated infirmities, I should feel a strong desire to make trial of these waters. It is true their virtues have not yet been fully tested, but enough has been learned to justify considerable hope of benefit in cases analogous to those in your pamphlet.

Wishing you all success in your enterprise, I remain, dear sir,

Yours truly,

JOHN DICKSON.

In conclusion we would remark that the location is a happy one, for although the surrounding country is hilly, yet it is less confined, in consequence of the absence of mountains or high hills in the immediate neighbourhood, than most of the springs. The air here also is pure, dry and elastic, while the temperature is delightful. At most of the springs, a fog in the morning is a daily occurrence, and the absence, an indication of rain that day. At the Grey, on the contrary, a fog is unusual, even early in the morning. The state of atmosphere at these springs, is, therefore, peculiarly pleasant and beneficial to invalids, especially those suffering from pulmonic affections, who are, in consequence, enabled to take much exercise, and to remain in the piazzas even at night until they retire to bed, without experiencing the least inconvenience.

DIRECTIONS TO TRAVELLERS.

TRAVELLERS are often at a loss to ascertain the most direct route to the place they are desirous of visiting. We have, therefore, given the following directions for reaching the Grey Sulphur Springs.

From the South.—Those who reside in the lower part of South-Carolina, Georgia, and Alabama, may take steamboat from Charleston to Norfolk and Richmond, and Stage from thence to the Warm and other Springs, as in directions for those from the North. Should they travel by land, they should direct their course, so as to reach Salem, No. Ca. by the most eligible route. At Salem, the road branches, one crossing at Maggoty Gap, to Fincastle and the other at Good Spur Gap to Newbern, and the Grey Sulphur Springs. The latter is equally as good as the former, and much the shortest in reaching either the Grey, Red, or Salt Sulphur Springs; and even to those who intend visiting the White Sulphur, or the Hot and Warm Springs, whilst it does not lengthen the journey a single mile,* it offers the opportunity of seeing all and of trying any particular spring they may desire; for the traveller by this route arrives at the Southern extremity of the line of Springs, and can visit each of them in succession, without being obliged to retrace his steps once. The following is a list of houses on the road from Salem to the Grey Sulphur, with the distances annexed.

From Salem to Spainhours, 19 miles. Beddin's, 2 miles. Mrs. Armstrong's, 10 miles. Col. Wright's 11 miles. Mrs. M'Craw's, $\frac{1}{2}$ mile. Edward's (foot of Good Spur Gap,) 12 miles. Oneil's, (top of the mountain) 2 miles. Dr. Haven's, 10 miles. Stephen's, 6 miles. Mrs. Chaffin's, 5 miles. Galbreth's, 12 miles. Newbern, (Va.) 8 miles. Wiser's, 3 miles. Shannons', 9 miles. Giles, C. H. 10 miles. Grey Sulphur, 9 miles. Red Sulphur, 8 miles. From Grey to Salt Sulphur, 20 miles. Those who travel by stage, should take the Piedmont line from Augusta, Ga., (or go from Columbia So. Ca.) to Lexington No. Ca. From thence take a conveyance to Salem, from which place a stage runs tri-weekly to Newbern, where it connects with the line of stages running to the Grey Sulphur, and the other Mineral Springs. In following the Piedmont line to Lynchburg, (as they may be advised to do) they will be taken considerably out of the way, and their expenses, of course increased. From the Grey Sulphur, a stage runs tri-weekly to the Red, Salt, and White Sulphur, and the other Springs; and hacks can be had when required.

* According to the way-bills of two gentlemen who had travelled both of these routes, it is 174 miles by the Maggoty Gap route from Salem to the White Sulphur and 173 miles by the Good Spur Gap and Grey Sulphur Road to the same place.

From the West.—Those who reside in the upper part of Alabama, Missouri, or West of the Alleghanies, should endeavour to get into the main Tennessee road as soon as practicable, and continue down it to Newbern, and from thence cross over to the Grey Sulphur as directed above. From New-Orleans, Natchez, or those sections bordering on the great rivers of the West, it will be found most eligible to take a Steam-boat up to Gyandotte. From thence a daily line of stages run, passing through Lewisburg and by the White Sulphur. From the latter place take the stage to the Grey.

From the North.—On the supposition that they have concentrated at Washington, D. C. their route will be—Fredericksburg, Charlotteville, Staunton, Warm-Springs, Hot-Springs, White Sulphur, Salt Sulphur, Red Sulphur, and Grey Sulphur. The roads are good, and the stages excellent throughout. Extra and hackney coaches can be procured on the route, if preferred.

From any of the other Springs.—If at any other Spring than the Red Sulphur, it will be necessary to go to the Salt Sulphur, from thence, if in stage, proceed to the Red and Grey Sulphur; but if in a private conveyance or hack, it will be decidedly the best to take the road leading *direct* from the Salt Sulphur to the Grey. This is an excellent *valley* road, fully as good as any unturpiked road in that section of country, and has no narrow or dangerous passes. The distance by this road is but 20 miles, whilst that by the way of the Red Sulphur is 27 miles—there being but two miles, difference in the distance from the Salt to the Red, and from the Salt to the Grey Sulphur. Those who desire it can always procure hacks at the White and Salt Sulphur Springs, (especially at the former) to visit the Grey, at which place conveyances can be had to return.

Those residing in the South and South-West, who desire to return by the Tennessee road, will find the route by the Grey Sulphur, shorter, and fully as good as that by Fincastle.

There is a Post-Office kept at Peterstown, and letters may be directed either to that place, or simply to the "Grey Sulphur Spring, Monroe Co., Virginia."

Regular files of papers are kept from Boston, New-York, Philadelphia, Baltimore, Richmond, Charleston, and other places; and a small select Library is at the disposal of the visitors.